



## SKILL CARD

# CARRY THE BALL

LEVEL: BEGINNER



## OBJECTIVE

To have players run effectively with the ball in two hands.



[VIEW VIDEO](#)

## COACHING CUES

Learning how to properly run with the ball is very important for a player safety and to properly develop basic skills.

### FIRST STEP FORWARD / PARK THE BALL / TWO HANDS

**First Step Forward:** The first step in rugby is always forward.

**Park the Ball:** The ball should be carried:

- Away from the body, ready to be passed
- Ball is carried at chest height

**Two Hands:** Two hands on the bottom 1/3 of the ball.

Utilize connected Imagine Flag Rugby games to check and correct ball carrying.

New rugby players may need time to familiarize themselves with the “funny shaped ball” Rugby uses.

The more time a child has with a rugby ball in their hand during practice, the better!

### CHECK AND CORRECT

1. Make sure players are holding the ball with two hands when they are running or evading.
2. Correct players if they are carrying the ball too high or too low.
3. Emphasize parking the ball away from the body.

### FOOTWORK/MOVEMENTS

The first step in rugby is forward.

### CONNECTED GAMES

Relay Races • Just Score  
Rugby Freeze Tag • Flag Rugby  
Depth Lines • 2v1 • 3v2  
Inside the Eagles Nest

### USA PE STANDARDS

S1.E2: Jogging, Running, K-5